

Midshipmen/Cadet Naval Special Warfare Orientation program  
(Mini-BUD/S)

The Midshipmen/Cadet Naval Special Warfare Orientation program is offered two (2) times every summer by the Naval Special Warfare Center located in Coronado, CA. The program is open to male students at any of the service academies as well as students from ROTC units across the country who are about to start their senior year of college. This is a competitive program and those students interested in attending must submit a packet containing grades, military performance, and their Physical Screening Test (PST) scores.

This challenging 4-week training program will test students mentally and physically. It is designed to give students who are interested in selecting Naval Special Warfare upon commissioning an insight into the NSW community and Basic Underwater Demolition/SEAL (BUD/S) training.

The first two weeks are spent at the Naval Special Warfare Center where students experience different aspects of BUD/S training. The midshipmen/cadets will be in a "BUD/S Student" status and will undergo IBS surf passage, conditioning runs, the obstacle course, ocean swims, and small-arms weapons training. There is a dual purpose to this portion of the program, the first being to expose the student to the three different Phases of BUD/S training, and the second is to test the students' physical and mental determination and toughness.

The last two weeks of the program are spent with a SEAL team. During this time the students will get to see actual SEAL training and experience the daily workings of a SEAL Team. They will see what SEALs do on a day-to-day basis during a pre-deployment work-up.

For those students in their junior year who are interested in this exhilarating and challenging program download the entire package and review all the information for submission for the upcoming year.

## MINI-BUD/S 2003 OVERVIEW

### PROGRAM DATES

BLOCK 1: 23 JUNE - 18 JULY

STUDENT ARRIVAL DATES: 20 - 22 JUNE

STUDENT DEPARTURE DATES: 22 JUNE (after 1600), 23 JUNE

BLOCK 2: 21 JULY- 15 AUGUST

STUDENT ARRIVAL DATES: 18 - 20 JULY

STUDENT DEPARTURE DATES: 15 AUGUST (after 1600), 16 AUGUST

Once a student(s) from your school has been selected to attend the NSW Orientation Program, the following items must be completed by the dates indicated:

### CHECKLIST

- ☐ Fax students' medical records, Report of Medical History (included in this download). No later than **31MAY03**
- ☐ Notify the Naval Special Warfare Center Basic Training office of selected students'  
Email selected candidates PST results to <mailto:Mini-BUD/S@navspecwarcen.navy.mil>.
- ☐ Confirm receipt and understanding of "Warning Order"
- ☐ Resolve any discrepancies with your student's medical record/situation before arriving for training
- ☐ Students arrive at NSWC with the following records:
  1. Orders
  2. Medical Record
  3. Departing Plane ticket
  4. D.O.D. ID

- Students arrive with the following uniforms, a good attitude and a good shave!

**Gear List:**

- 1 or 2 sets camouflage utilities
- 1 pair jungle boots
- 1 pair running shoes
- towel
- toiletries
- civilian clothes

## PST Description

REF: (a) MILPERSMAN 1220-150

### I. Overview:

- a. The physical screening test is designed to assess the applicant's physical ability to undergo initial training. The test will be administered exactly as indicated. No waiver will be granted for failure to successfully complete the physical screening test.
- b. The run/swim times and push-up/sit-up/pull-up standards are minimum standards only. Maximum effort is required for all exercises and will be reported on the physical fitness screening test form submitted with your application

### II. SEAL PST

- a. 500-yard swim using breast and/or sidestroke in under 12 minutes and 30 seconds  
10-minute rest
- b. Perform a minimum of 42 push-ups in 2 minutes  
2-minute rest
- c. Perform a minimum of 50 sit-ups in 2 minutes  
2-minute rest
- d. Perform a minimum of 6 pull-ups (no time limit)  
10-minute rest
- e. Run 1 ½ miles wearing boots and long pants in under 11 minutes and 30 seconds.

NAVAL SPECIAL WARFARE CENTER  
MEDICAL DEPARTMENT  
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SAN DIEGO CA 92155-5449

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DSN PHONE: 577-5248  
CONTACT EMAIL: [buds\\_medical@navspecwarcen.navy.mil](mailto:buds_medical@navspecwarcen.navy.mil)

FROM: (Last, First M): \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

TO: NAVAL SPECIAL WARFARE CENTER MEDICAL DEPARTMENT

SUBJECT: MINI-BUD/S MEDICAL PACKAGE

REMARKS: \_\_\_\_\_  
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**ENSURE THE FOLLOWING DOCUMENTS AND INFORMATION IS  
INCLUDED WITH THIS FAX:**

- ☐ BUD/S MEDICAL SCREENING QUESTIONNAIRE
- ☐ DD FORM 2807-1 (Pgs 1-3) & DD FORM 2808 (Pgs 1-3)
- ☐ MEMBER E-MAIL AND CONTACT INFORMATION